

Vol. 35

No. 7

**ST. LOUIS ARMY ENGINEER DIST**

# **ESPRI**

**GATEWAY TO EXCELLENCE**

**July 1998**

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## **EDA dedicated**

By Brian Markert, Rivers Project Office

The Rivers Project Office, St. Louis District, dedicated the Riverlands Environmental Demonstration Area (EDA) on Friday, June 12, 1998. The 1,200-acre prairie-marsh wetland known as the Riverlands EDA represents the Corps' commitment to restoring environmentally and historically significant remnants of land. The project utilizes the River's continuing influence to create a bottomland-wet prairie and marsh akin to that which existed prior to the settlement of man in the area. Today the area provides excellent bird watching opportunities, habitat for plants and animals, a self-guided nature trail system, and opportunities to learn more about our precious natural resources.

Special guests at the Dedication Ceremony included Congressman Jim Talent, Major General Phillip Anderson, Commander of the Corps' Mississippi Valley Division, Colonel Thomas Hodgini, St. Louis District Commander, Walter Crawford, President of the World Bird Sanctuary, Karen Westphall, Wildlife Biologist with the Fish and Wildlife Service, and Michelle Cohen, with St. Louis 2004.

In conjunction with the dedication ceremony an open house for the new Rivers Project Office was held. Visitors were invited to tour

the new facility and meet team members. Concurrent with the dedication and open house an Environmental Fair was held, featuring a live bald eagle and peregrine falcon, guided walks, river programs and educational displays.

The Riverlands Environmental Demonstration Area and Rivers Project Office are located off of Highway 67 North from Interstate 270. Turn at the Fiska Gas Station onto Riverlands Way and watch for signs.



**Participating in a symboling groundbreaking from left to right: Col. Hodgini, MG Anderson, assisted by Zackery and Eric Ziino respectively, Karen Westfall, Dr. Marion Smith, SIU-E, and Michelle Cowen.**

**1787**

## **The miracle at Philadelphia**

**The stakes were  
enormous, nothing less  
than the survival of the  
infant United States.**

As we salute the flag passing by on the Fourth of July, we may think back to the signing of the Declaration of Independence in 1776. It took a lot of thought, but the final document was agreed to and signed without a lot of debate.

The Constitution was something else. The new United States had to have a set of standards to operate under, but many powerful people objected to tampering with the Articles of Confederation, which since 1781 had united 13 states merely in a "firm league of friendship."

George Washington, Ben Franklin, Alexander Hamilton and James Madison had been the prime movers in the struggle to design a stronger federal government, but others were not convinced. Patrick Henry, for one, would not attend and seemed unlikely to agree to anything. Thomas Jefferson and John Adams stayed at their diplomatic posts in France and England.

The stakes were enormous, nothing less than the survival of the infant United States. Some 55 delegates did show up to spend four sweltering months, six days a week, hammering out the Constitution.

It was Edmund Randolph, 34, the Virginia governor, who presented the plan for a two-house national legislature, with both houses apportioned on the basis of state population. One day later, the convention took a remarkable vote: "Resolved, that a national government ought to be established consisting of a supreme Legislative, Executive and Judiciary."

The convention threatened to fall apart as delegates from small states objected to the population requirement for representation. On July 16, the Connecticut delegation proposed a two-branch legislature with each state having an equal vote in the upper house. That worked.

The final wording of the document was made by Ben Franklin and signed by the delegates as they filed past the same silver inkstand used in the 1776 signing of the Declaration of Independence.

At 4 p.m. on September 17, they adjourned to the City Tavern to celebrate their accomplishments over a farewell dinner.



**US Army Corps  
of Engineers**

St. Louis District

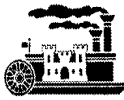
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## News Briefs

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### Lake Shelbyville:

#### Workshop

The Lake Shelbyville Environmental Educator's Workshop will be held July 13 - 16, at the Okaw Bluff Group Camp area near Sullivan, Illinois. The workshop is open to educators of all types: Primary and secondary educators, 4-H leaders, Boy Scout and Girl Scout leaders, environmentalists, those interested in conservation and interpreters of our cultural and natural history. The workshop is designed to provide tips, tools and techniques which will make the job of the educator easier and more effective.

Workshops that educators can attend include Project Learning Tree, Project WILD and Project WILD Aquatic, which are national award-winning environmental education programs sponsored by the Illinois Department of Natural Resources. These programs are hands-on activities which can help motivate student learning.

There will be many concurrent sessions held during the workshop as well as several field trips. Lake Shelbyville hopes to attract a wide variety of educators and generate fresh, new ideas that will inspire new educational methods.

### Wappapello Lake:

#### Career Camp

Park Ranger Andrew Jefferson has been designated liaison to the Natural Resource Career Camp at Wappapello Lake. The camp is a three year phased program designed to seek growth opportunities through

creating the opportunity for job diversity in the field of conservation and natural resource management. It is a joint effort by federal and state agencies.

Andrew provides in-kind services for the program such as interpretive programs, development of a web page, and serving as chairperson from July 6 through July 17 at a forestry camp.

#### Safety Day

Learning to be safe will be an exciting and fun experience during the Wappapello Lake "Ranger Willie's Safety Day" on August 1 from 11 a.m. to 4 p.m. Join Ranger Willie B. Safe and partners as they promote public safety education in a fun way for the whole family to enjoy. Ambulances, fire trucks, personal watercraft, a fire trailer, lawn mowers and tractors, law enforcement officers and many more will be present to teach various kinds of safety education.

### Mark Twain Lake:

#### Volunteers

Beginning in June, volunteers from the Chaddock Group Home are working two days per week throughout the summer. The volunteers focus efforts on building a portion of a twenty-one mile trail extension to the Joanna Trail. The volunteers are learning teamwork, responsibility, and the benefits of hard work. The Corps staff and its customers greatly appreciate their valuable time and effort.

#### Volunteer work

A grant through the local vocational technical school allowed for two weeks of Corps of Engineer volunteer service. Mr. Harry Benn was paid two weeks wages to volunteer at a local business or government agency of his choice. Devel-



Harry Benn (right background) and friends.

opment of a curriculum for his students was a primary criterion.

Mr. Benn is a Middle School History teacher at Bowling Green Missouri. Two weeks were dedicated to the Interpretive Services and Outreach Program at Mark Twain Lake where he completed St. Louis District historical research and assisted Park Rangers in developing programs aimed at elementary and Middle School audiences. It was a great experience for Mr. Benn who came away with a better knowledge of the Corps and a complete Corps history curriculum for his students. We gained knowledge about the students that we reach and two weeks worth of research toward a comprehensive Corps program for audiences of all ages. Our thank-you is extended to Harry Benn and those who chose him for the grant.

(Continued on page 4)



## News Briefs (cont.)

### Bass are back

The Bass are back. Local fishing reports from the Missouri Department of Conservation and recent fishing tournament results indicate that after a slow year in 1997, that bass fishing is good again. This is great news for Mark Twain Lake and surrounding communities. Currently bass are good on main lake and secondary rocky points early in the day on rubber lures.

#### Carlyle Lake:

### Restoration funds

The Carlyle Lake Project has received \$23,000 from the Illinois Department of Natural Resources (IDNR) Duck Stamp fund for work on the Boulder Flats Wetland Restoration Project. Other contributions received this fiscal year include \$20,000 from the IDNR Duck Stamp Fund for Saddle Dam III Wetland Restoration Project, \$1,000 for a visitor center exhibit, \$5,000 worth of outdated seed for wildlife food plots and rehabilitation of a visitor center exhibit by IDNR.

### Promote safety

The Carlyle Health Care Foundation will be working with the Carlyle Lake staff to help promote water safety this recreation season. The foundation has purchased frisbees with a logo promoting life jackets. These frisbees will be handed out at special events and programs at the lake. Also, the lake project, along with the Rend Lake Project, is presenting water safety public service announcements through Cable Vision Communications out of Mt. Vernon. These wa-

ter safety public service announcements are original footage and will be aired throughout the recreation season. The public service announcements will be aired on TNT, CNN, and ESPN.

### Hawn dedication

On Thursday, June 25, Colonel Hodgini dedicated the James W. Hawn Memorial and Access Area at a ceremony held at the Carlyle Lake Visitor Center to honor the late Jim Hawn who lost his life in an automobile accident last year. Mr. Hawn was an outstanding individual who made many contributions as a park ranger for the Corps of Engineers at the lake project office.

#### Rend Lake:

### Bike trail grant

Rend Lake's Assistant Manager, Andrea Lewis, and Kyle Harfst of the Southern Illinois University-Carbondale Office of Economic and Regional Development attended a public hearing held by the Illinois Department of Natural Resources Advisory Board in June for the final review of the Rend Lake Bike Trail grant application. The Rend Lake Conservancy District has submitted a grant application requesting about \$400,000 to complete phase I of the proposed trail. If approved, the trail will begin construction in October 1998. Rend is currently working on a supplement to the Master Plan for approval of the project.

### Meador leaving

Park Ranger Mark Meador has accepted a position at Holt Lake and Lock and Dam on the Warrior River

at Peterson, Alabama. He will be the GS-9 in charge of their visitor assistance program. He will also be taking care of many of their real estate items including boundary maintenance and private docks. Good luck on the move up.

### Acting manager

Rend Lake's Assistance Manager, Andrea Lewis, will be the acting manager at Wappapello Lake for five weeks. She was chosen for a developmental assignment as manager with Mike McClendon is in the District Office as acting assistant chief of CON-OPS.

### Clover ties the knot



After 28 years on the Dredge Potter, seasonal worker, Francis Clover, took a downgrade for a permanent job. Mr. Clover decided it was best, since he married Deborah Lee Barnes on June 7 at Lock and Dam 24. He was the first Corps employee to be married in the gazebo in the park at the lock and dam. The picturesque setting included a backdrop of tows locking through.





# It is NOT Sarajevo, but...

By Major Jim Wolak

Adversity builds character. When the going gets tough, the tough get going. If it was easy, anybody could do it. These were some of the

ment training, I had received a crash course in Balkan history. I knew the players were the Muslims, Serbs and Croats. I knew that the Dayton



**LTC Mark Yenter, Chief of Engineer Plans, SFOR HQ and Maj Jim Wolak along with Romanian and Dutch engineers inspect a military equipment bridge.**

well-known cliches that crossed my mind often during my recent six-month tour with the Peace Stabilization Force (SFOR) Headquarters (HQ) in Sarajevo, Bosnia.

I flew from Germany to Zagreb, Croatia, in mid-November and transferred to a bus for a long 7 1/2 hour bus ride south through Croatia, across the Sava River and into Bosnia enroute to Sarajevo in the crisp, dark night. The anxiety of driving in the darkness in unfamiliar territory, through military check-points, with minefields on both sides of the road, amid destroyed buildings is still a vivid memory. The only vehicles I remember seeing on that journey through Bosnia were military.

In preparation for my deployment, and as part of the pre-deploy-

ment training, I had received a crash course in Balkan history. I knew the players were the Muslims, Serbs and Croats. I knew that the Dayton conflict in this region of the world crossed cultural, geographical, political and religious boundaries for centuries. I could only hope that I would be able to learn from the people and understand it better before my tour was complete.

Sarajevo is the capital of the Federation of Bosnia and has a population of around 400,000. It is familiar to most people for the 1984 Olympics and the location of the assassination of Archduke Ferdinand that started World War I. I worked in the SFOR HQ Engineer Plans section planning for the reconstruction of war-damaged bridges and roads - a monumental task that involved the governments of the Federation and the Republic of Srpska, non-governmental organizations and international donors as well as the SFOR HQ staff.

At last count there are 37 nations participating as part of the SFOR mission. In the Engineer Branch of 60 personnel, I worked closely with soldiers from 15 different nations during my tour. Fortunately for me, English was the primary language. I now have a much greater respect for

**(Continued on page 6)**

Accord had created an Inter-Entity Border Line (IEBL) in Bosnia that separated the Republic of Srpska from the Federation of Bosnia. I was beginning to understand that the



**Romanian engineers prepare to delaunch a Mabey-Johnson equipment bridge over a war-damaged bridge near Komar, Bosnia-Herzegovina.**



## Sarajevo (cont.)

soldiers from other countries that are able to perform in multi-national environments in non-native languages.

The days were long and the work was challenging to me. Military Engineers are fortunate in that we are able to see results from our efforts. During my tour we initiated many projects and completed several in the areas of Demining, Civil-Military



Support, Environmental and Infrastructure. These areas are all priorities of the engineers. It is often difficult to see progress in a short period, but my perspective is that the ongoing efforts of the engineers are invaluable to the mission.

The most often asked question since my return has been, "Are you glad to be back?" Of course, the answer is a resounding yes! Two of my favorite sayings in Bosnia when challenged were "Everyday is a Monday"

and "It still counts as a day". Since I have been back to work in the St. Louis District and faced with different challenges, I often find myself



A Nordpol Brigade tank crosses a Hungarian engineer pontoon bridge near Dobo, Bosnia-Herzegovina.

saying, "It's not Sarajevo, but it really is great to be back in St. Louis! Really!"

## Rivers Project receives international visitors

Through participation in the International Visitors Program with the World Affairs Council of St. Louis, Mr. Lee Changming and his interpreter visited the River's Project Office May 11. Mr. Changming, a leader in environmental education in China, is the Programming Officer for the City of Chengdu. He has been working on the development of a Green Belt along sides of the Fu and Nan Rivers, which run through Chengdu. He also is working with efforts to clean up river pollution and the development of an environmental education center, "The Living Water Garden."

During Mr. Changming's visit to the United States, he met with American leaders in environmental education to study "state-of-the-art" environmental education programs

and study the technology revolutionizing all types of education in America. At the Rivers Project he met with Pat McGinnis, who discussed the Outreach Program, the new visitor center and distance learning. Mr. Changming intends to use the information he gathers during his visit to increase efficiency and improve environmental education in China, teaching children the importance of preserving the environment.

The Rivers Project continues to work with the World Affairs Council of St. Louis participating in the International Visitor Program. Past participation has included other international visitors including representatives from Mozambique studying agricultural issues in the United States.

## Earth Notes

### Need to recycle more

The U.S. has only five percent of the world's population, yet generates 19 percent of its wastes. It uses 20 percent of the world's metals, 24 percent of its energy and 25 percent of its fossil fuels. Yet among the 20 most industrially advanced countries, it ranks only 15th in paper recycling efforts and 19th in glass recycling. Some 96 percent of its plastic and 50 percent of its paper goes into landfills. Mexico recycles more glass than the U.S., according to the Recycling Institute in Washington, DC.

The ten states in the U.S. with the best recycling records are: New Jersey, Wisconsin, Minnesota, Florida, Maine, Ohio, Vermont, Massachusetts, Virginia, in that order, with New York and Oregon tied at 10th.





# Eagles nesting at Wappapello Lake

Majestically soaring above the waters of Wappapello Lake, two pairs of mature bald eagles have once again decided to raise their young at the lake. Two active nest sites were confirmed this year with each nest fledging two eaglets. This brings the total number of eaglets fledged from Wappapello Lake nest sites to ten since 1994.

Bald eagles normally lay two to three eggs once a year and hatch the eggs about 35 days later. The young eagles are flying within three months and are on their own about a month later. The staple of most bald eagles' diets is fish, but they will eat just about anything they can catch, including snakes, rodents, ducks and carrion.

In 1940, noting that our national symbol was threatened with extinction, Congress passed the Bald Eagle Protection Act, which made it illegal to kill, harass, possess or sell bald eagles. By the early 1960s there were fewer than 450 bald eagle nesting pairs in the lower 48 states. In 1967 (under a law preceding the 1973 Endangered Species

Act) bald eagles were officially declared an endangered species.

Through reintroduction efforts by the U.S. Fish and Wildlife Service and state conservation agencies, the banning of DDT, the phasing out of the use of lead shot for waterfowl hunting and habitat improvement, bald eagle populations have steadily increased. In July 1995, the bald eagle status was raised from endangered to threatened.

In 1984, there were no known productive nests in Missouri. In 1995, 19 bald eagle nests were confirmed productive, fledging 38 young. In 1997, the numbers had increased to 29 active nests with 56 to 64 young fledged. With 1998 data still pending, numbers appear to still be increasing with about 35 to 40 nests estimated. In the southeast region of Missouri alone, eight nests are known to be active.

The bald eagle is truly an all-American bird. It is the only eagle unique to North America and we are proud that our nation's symbol has found a home at Wappapello Lake.

## Small gas engine pollution

There are about 89 million small gasoline engines operating in the U.S. and another 9 million in use in Canada. The small gas engines are an environmental nightmare, according to the Environmental Protection Agency, producing five percent of U.S. summertime levels of hydrocarbon pollution in suburban air, and up to 20 percent in cities.

But the whirl of hand-mowers is returning, according to *Environmental Magazine*. Improved models sell for \$60 and up.

If you can't give up your gas-powered mower, you can still protect the environment, says the EPA, by avoiding gas spills and runover from the engine. Close the gas container securely. To reduce air pollution, change the oil and airfilters often.

## Marzec and Lenz commendation

Karon Marzec and Ward Lenz, both of the Regulatory Branch, have received the United States Attorney's Certificate of Commendation. The commendation was presented for their assistance in the successful investigation and prosecution of the Terminal Railroad Association of St. Louis.

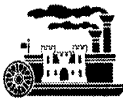
With Karon's and Ward's help Terminal Railroad Association was convicted of discharging solvents, including trichloroethylene, 1,1,1-trichloroethane and other wastes into a ditch tributary to the Cahokia Canal, which flows into the Mississippi River. Their efforts were considered crucial to the successful prosecution of Terminal Railroad.

Terminal Railroad pled guilty to two felony counts under the Clean Water Act. On December 5, 1997, they were sentenced to pay a fine of \$500,000 and to pay restitution to the Illinois EPA for emergency response costs estimated at \$26,073.



**U.S. Attorney for the southern district of Illinois, Charles Grace, presents Karon with her commendation.**

They were also put on three years' probation and directed to comply with all cleanup directives from the Illinois EPA.



# District Picnic '98



**Volleyball - naturally, always.**

It was hot... but the beautiful shade trees at the McNair Campground at Carlyle Lake helped and the beach helped even more to make the District picnic a nice place to be. Of course what made the picnic possible was the hard work of the CAC, the volunteers who helped out and the Carlyle Lake staff.

CAC members include: Debbie Warner - treasurer, Dianna Bartels - president, Kent Hayes, and the picnic committee members Kelly Wissehr, John Boeckman and Dennis Gilmore, Art Taylor, Marla Hayes, Russ Elliott and Anne Woodrome.



**Biggest pastime - general gabbing.**



**Great way to keep cool on a hot day.**



**One thing McNair Campground has plenty of is shade. Thank goodness.**





**Art Taylor calls a mean BINGO - gets it right most of the time.**



**I'm cool, even without the shades.**



**Of course there's always plenty of food.**



**The game of washers - an original Mid-West pastime?**



**Rich Hagan plays cool accompaniment on a hot day.**



# Innovative protection cell for guidewall

by Jeff Stamper and Tom Ruf, ED-DA

At Lock No. 24 on the Mississippi River, the lower end of the downstream guidewall is deteriorated because of severe cracking. Upbound tows have changed their approaches to avoid the deteriorated section of the guidewall. A protection cell will be constructed immediately downstream of the guidewall to serve as protection for the deteriorated wall. The cell will reduce the number of tow impacts directly on the wall and restore the normal approach. The protection cell will consist of a steel cylindrical shell filled with concrete. This is an innovative solution and demonstrates new methods are acceptable to the Corps of Engineers.

The steel cylindrical cell was conceived and designed by the structural section of the St. Louis District. A construction contract to fabricate and install the cell was advertised on January 14, 1998. The contractor for the project, Massman Construction Company from St. Louis, was the low bidder out of nine contractors that submitted bids for the project. Bids were opened on February 13, 1998, and the contractor was given notice to proceed on April 4, 1998.

The cell is currently being fabricated by National Maintenance in Hartford, Illinois. The cell, or tin can as it has been so nicknamed, is scheduled for installation in August 1998. In general, the construction will use innovative "in-the-wet" construction techniques. The tin can will be fabricated off-site, transported to the site, placed on a foundation that has been prepared under-

water, and filled with concrete. Although the tin can is small compared to a lock, the construction methods that will be used have wide application and interest for large navigation structures. Through a research program at WES, GPS instrumentation will be used to locate the tin can ensuring its placement is within specified tolerances. Many Districts and HQUSACE are interested for potential application of the prefabricated cell concept to projects now in the design phase.

The tin can will be a steel shell 35 feet in diameter and 45 feet tall. The shell will be formed primarily of one-half inch thick rolled plate.

rents during construction and ensure that placement of the shell is within tolerance. The shafts will slip into guide sleeves outfitted within the shell. As the shell is lowered through the water, its location will be checked using the GPS instruments. Adjustments will be made to ensure the cell is placed within specified tolerances. The cell will be lowered to within 6 inches of the top of bedrock and the remaining gap will be sealed by sandbags placed by divers around the exterior perimeter of the cell. The cell will be partially filled with approximately 200 cubic yards of concrete using underwater concrete placement



Where tows may impact the cell, one-inch thick plate will be used. The shell will be stiffened by internal steel framing which will help resist forces from handling, setting, and placing of concrete. The shell will be installed in one piece to minimize delays to navigation traffic. Two cranes will lift the shell over three shafts 20 inches in diameter that have been socketed into bedrock. The shafts will be placed in advance of the cell to resist lateral loads on the shell from river cur-

techniques. After the first placement of concrete sets for 36 hours, the remainder of the cell will be filled with approximately 1400 cubic yards of concrete.

Navigation at the lock will be shut down for a maximum of 72 hours to set the cell and place the first lift of concrete. Some of the construction work will be accomplished concurrent with navigation. A helper boat will be used to safeguard the work area.

(Continued on next page)

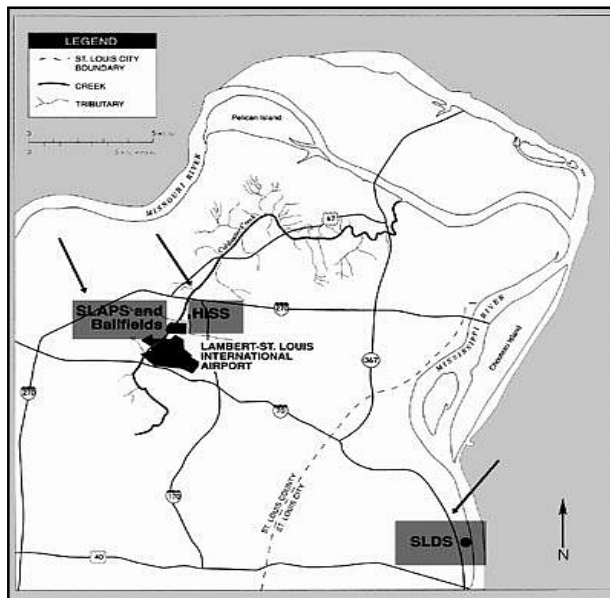




# FUSRAP mission progresses

The District's FUSRAP mission (Formerly Utilized Sites Remedial Action Program) is on schedule. The District took over work at sites in downtown St. Louis, near Lambert-St. Louis International Airport and in Madison, Illinois, from the Department of Energy in October 1997. The mission is to dispose of wastes attributable to the Manhattan Project and Atomic Energy Commission activities in an environmentally acceptable way. We are cleaning up contamination from uranium processing, storage and movement commensurate with today's standards and technological abilities.

The St. Louis Downtown Site (SLDS) is located in eastern St. Louis at the intersection of North Broadway and Destrehan Streets. The site occupies about 45 acres and is currently owned and operated by Mallinckrodt Chemical, Inc. Portions of the site have been used



by Mallinckrodt in support of the Manhattan Engineer District and the Atomic Energy Commission. Much of the contaminated material from this site was transferred to the St. Louis Airport Site (SLAPS) in past decades.

Work accomplished on this site: In 1986-1992, a remedial investigation was done by DOE. In 1995, DOE cleaned a portion of the site known as the Plant 10 area; this was the area which formerly held the metal plant. In the Spring of 1997, Building K was remediated. This removed surface contaminants on the walls, floors and overhead and removed drums. All buildings not in use by Mallinckrodt have been demolished and rubbleized.

The St. Louis Airport Site (SLAPS), located in Hazelwood and Berkeley, Missouri, is a 21.7 acre tract adjacent to the Lambert-St. Louis International Airport. The Manhattan Engineer District acquired this site in 1946 to store uranium wastes generated by its downtown operation and used it until

1966. Ownership transferred to the Lambert-St. Louis Airport Authority in 1969. The airport authority and the City of St. Louis now control the site.

Work accomplished on this site: In 1969, the St. Louis Airport Authority completed a partial remediation after receiving the site. In 1995, seven residential vicinity properties were cleaned. In 1997, the government began cleanup of contamination along the road in front of nine commercial properties in June. About

4,800 cubic yards of contaminated soils were excavated, primarily from ditches along the road. Soil was transported by truck to a staging area at the Norfolk-Southern Railroad siding on the corner of Eva Road and McDonnell Blvd. It was loaded into gondola cars, wrapped in impermeable plastic and shipped to an out-of-state, licensed disposal facility. In the fall of 1997, about 3,363 cubic yards of contaminated fill material were removed from the west end of SLAPS and shipped to Utah. The area was backfilled with clean material.

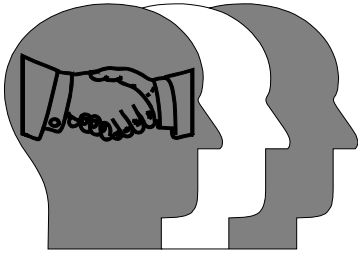


**Railroad spur construction at SLAPS. Spur will allow greater volumes to be transported safely.**

## Protection cell (cont.)

The tin can was chosen in lieu of a sheet pile cell to reduce delays to navigation. The alternative of installing a sheet pile cell would take many more days of construction adjacent to the path of towboats using the lock. This would increase the delays to navigation during construction. The tin can was also chosen to demonstrate some of the innovative, in-the-wet construction techniques that are being proposed for navigation structures by the Corps of Engineers.





## **EEO matters**

### **Sexual harassment in the 1990s: Is the battle over?**

"Female Government Employee files Million Dollar Suit Claiming Sexual Harassment," "Supreme Court To Hear Case of Same Sex Harassment in Federal Workplace," "Promising Government Executive Fired Over Sexual Harassment Case." If this type of headline doesn't seem familiar to you, it may be safe to assume that you have been living on the far side of Jupiter for the last few years.

In a short period of time, sexual harassment has changed from a topic that used to be whispered about in dark corners to something that gets page-one headlines and is the grist for bestselling novels and blockbuster movies.

In 1980, Congress became concerned enough with reports of sexual harassment in the federal workforce to ask the U.S. Merit Systems Protection Board to do a large-scale survey of federal workers to find just how large a problem existed. This first look illustrated that there was a broad perception that sexual harassment was, in fact, a problem. In 1987, MSPB ran a follow-up survey to chart any changes or trends in the ongoing efforts to eliminate the problem. A third survey was conducted in 1994 to chart the even more intensive

programs that had been launched after the 1987 survey was completed. A comprehensive report on the results of that survey was issued in 1995.

The good news first. The 1994 survey indicated that, of the 13,000 federal employees surveyed, a whopping 93 percent were aware that their agencies had policies prohibiting sexual harassment. A full three-quarters of them had received some kind of training concerning sexual harassment issues. This figure rose to 87 percent among supervisory personnel. This was a big improvement over the previous surveys. The bad news, however, is that the number of incidents reported has actually increased slightly over the past seven years. Close to one out of two women and one out of five men found themselves the recipient of some unwanted sexual behavior.

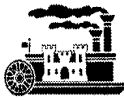
There are few issues concerning the working environment that are as emotionally charged as is sexual harassment. There are some federal employees who feel that not only has there been far too much emphasis placed on this issue, but also that the discussion itself has created a pervasive atmosphere of resentment and fear concerning potential misunderstandings. They also feel that it

has endangered the team spirit and sense of camaraderie that is necessary for high productivity. The victims themselves, on the other hand, often feel that managers and supervisors minimize or trivialize the discomfort and real pain suffered by those who are subjected to this type of harassment. They feel that they have been abandoned to cope alone in a completely hostile environment.

It is vital to understand that sexual harassment often touches an employee's most closely held psychological, religious, and moral beliefs. Even remarks or actions that are made with absolutely no intent to harass can lead to genuine and heartfelt trauma on the part of some employees, both male and female. Employees who seem to be able to "shake it off" easily, may actually have an increased sense of insecurity in themselves, their co-workers, their supervisors, and the organization in which they work. To one degree or another, sexual harassment will have an impact on people and their productivity.

One fact that the survey makes clear is that no one is immune from sexual harassment. Victims can be men or women of any age, occupation, or grade. The survey found victims from the wage grades through to the Senior Executive Service. There were some who were teenagers and others who were grandparents.

(Excerpts from the Personnel Management GUIDEPOSTS For Federal Supervisors)



## Coming Lake Events

### Carlyle Lake

Sept. 12 - Conservation Day  
Oct. 23-24 - Haunted Trail  
Dec. 4 - Christmas Town USA Visitor Center  
Lighting

### Lake Shelbyville

July 23 - Boater Safety Course  
Aug. 8 - Lithia Springs Chautauqua Living History  
Tours  
Aug. 15 - Okaw Indian Festival  
Oct. 1 - ECO Meet  
Oct. 31 - Lithia Springs Trail of Terror

### Rend Lake

July 18 - E.S.S. Reptiles  
July 25-26 - Hunter Safety Class  
Aug. 1 - Beach Blast

### Mark Twain Lake

July 11-12 - Primitive Artifacts Weekend  
Aug. 8-9 - Salt River Folklife Festival  
Sept. 5-6 - Bullriding Assoc. World Championship  
Finals  
Sept. 19 - An Adventure in Astronomy  
Sept. 25 - Environmental Education Fair  
Oct. 3-4 - Missouri Mule Days

### Wappapello Lake

Aug. 1 - Safety Awareness Day  
Sept. 19-20 - 7th Annual Old Greenville Days  
Nov. 27-Dec. 26 - 6th Annual Festival of Lights  
Auto Tour

### Rivers Project

July 27-Aug. 7 - Careers in Science Program

## Day trip to Southern Illinois

Looking for an interesting time that's still within a lazy-day's drive home. Try going south. Well... Southern Illinois anyway.

Try this for a nice one-day trip: Leave the city and visit Ste. Genevieve, Missouri, for a start. Ste. Genevieve is advertised as the most historic town in Missouri. This village, established in the mid-1700s, has many examples of French Colonial vertical log homes and lots of antiques to look at. For information about the town call 1-573-883-7097.

After enjoying Ste. Genevieve, cross the river on the ferry and come into the Illinois French Colonial area. A short drive from the ferry landing is the town of Prairie de Rocher, which was established in 1722. Just outside of town is Fort De Chartres, the pride of the French Expansion westward from New Orleans. The fort holds its annual Rendezvous on the first weekend of June each year. For information call (618) 284-7230.

After traveling through the past, step back into the 20th century and visit Kaskaskia Lock and Dam, just 17 miles away, and one of the few government projects still

open to the public. You can walk out onto the lock wall, enjoy the view, talk to the crew and get out of the heat in the visitor center. For information call (618) 284-7160.

From the lock and dam it's just a short run to Highway 3 and either back to St. Louis or east to Fort Kaskaskia and a spectacular view of the confluence of the Kaskaskia and Mississippi Rivers. For information call (618) 859-3741. Just down the hill from the fort is the Perre Menard Home, which was built in 1802 by the first lieutenant governor of Illinois. For information call (618) 859-3031.

Feeling adventurous? Head on further south on Highway 3 to Chester and find out about Popeye or go apple picking at nearby orchards. Run out on Highway 150 for seven miles and see the 90-foot span of the Mary's River Covered Bridge. The list of things to do in Southern Illinois is endless. Just use your imagination, follow your heart and come back home all in one day. Like the ad says, "Illinois - a million miles from Monday."



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## To your health

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# Activity is the foundation of good health

Though exercise may be the closest thing there is to the fountain of youth, three out of four adults are sedentary.

Some researchers think people have a sense of hopelessness about their ability to master exercise. Others say people who work and have families to care for simply won't take the time.

For all of these people, here's the good news: Everyday activities can improve your odds of staying healthy longer. All activity counts, whether it's walking the dog, climbing the stairs or working in the yard.

Doctors at the Cardiac Rehabilitation and Prevention department of

Johns Hopkins Bayview Medical Center say exercise doesn't have to be vigorous to be beneficial. Very moderate activity can significantly reduce the risk of developing cardiovascular disorders, obesity, cancer and osteoporosis. The important thing is just to get moving.

You don't have to exercise for 20 minutes nonstop in order to benefit, as long as your pursuits add up to 30 minutes of activity each and every day. Look for creative ways to add 30 minutes of activity to your day. Park farther away from the store, cut the grass, or clean the garage. If you are sedentary, this is the best way to start exercising.

Another plus: You don't need your doctor's approval to start. Further, your life will become more interesting as you reduce watching TV to the recommended 30 minutes a day. You will find better things to do.

Make it fun by including leisure activities like bowling and golf.

Those who can step up their physical activity should schedule three to five sessions a week of aerobic exercise such as walking, bicycling or swimming. Or include 30 minutes of recreational activities such as basketball, hiking, tennis or dancing.

## 'Magnet' cancer test Diabetes testing

Researchers are optimistic that a new test using magnets will help find cancer tumors sooner. The new test, reported in the Proceedings of the National Academy of Sciences, has been used successfully on breast and prostate cancer patients. University of Texas Southwestern Medical Center researchers say many tumors grow slowly for years before they are detected with a mammogram.

Mammography, for example, can detect tumors with 100 million cells, but the new test may be able to detect tumors with only one million cells.

The American Diabetes Association is now calling for routine screening of all adults beginning at age 45. They recommend a simple test to detect Type 2 diabetes. This type of adult-onset diabetes accounts for 90 to 95 percent of all cases.

Experts say early cases can be identified up to seven years before symptoms develop. At that point people can make changes in their lives and avoid subtle damage to organs and blood vessels.

Those at risk: People who are 20 percent above correct body weight; those with a parent or sibling who has diabetes; members of high-risk ethnic groups; women who gave birth to a baby weighing more

than nine pounds, and those with an HDL cholesterol reading of 35 or less.

## New test for Alzheimer's

Until now, Alzheimer's Disease, the fourth leading cause of dementia, has been virtually impossible to detect in early stages when symptoms could signal many different disorders. However, according to Business Week (January, 1998) a new test marketed by Nymox Pharmaceutical Corps., in Rockville, Maryland, measures a protein found in very high levels in Alzheimer patients. It is a simple urine test and should be available later this year.





## Retiree Review

By the Retiree Correspondent

The retirees, predominantly the non-golfers, met on Thursday, June 18th, at the Salad Bowl. It was a good thing that there were not too many more retirees, since the restaurant had a large influx of tourists. There must have been several bus loads. Seating was at a premium. However, the management knew that the retirees were a truly party bunch and assigned them to the Lounge.

Bob Maxwell and Don Wampler said they were not up to going to the golf tournament at Memphis, but did wish them happy hunting.

The Real Estate Division was amply represented. In fact, they normally have the greatest number from any organization. Laurel Nelson together with Elsie and John Kalafatich said they have traveling and were sorry they missed some of the previous luncheons. Lyle Forth said he had to come to protect his image, since one of his former employees, Earl Greer, is making it a point to attend. Lyle also reported that Paul Trauth is

on the sick list. He is in a nursing home at Grand and Gasconade and would appreciate some mail or visits.

Bob Muffler is still carrying the "legal banner" representing the Office of Counsel. He mentioned that he recently met Gary Turner in St. Charles. (You knew him as the other real tall guy who was in the Construction Division.) Bob said he couldn't miss Gary because of his height. Gary was one of the District's "twin towers" together with Wally Feld.

Pete Puricelli mentioned that he was informed that Tom Mudd is recovering from major surgery and doing quite well. He is on the road to recovery and expects to be back to his old self in the near future. Well almost, anyway. We are all pulling for you, Tom.

The next luncheon is scheduled for July 16th, the third Thursday, at the Salad Bowl at about 11 o'clock. Let's try to have a few more in attendance, if for no other reason than to hear the horror stories and fantastic tales of the golf tournament.

### Salt-osteoporosis link

Elevated levels of sodium increase the rate at which calcium leaches out of bone. Because calcium is the main component of bone, its loss can contribute to osteoporosis (weak bones that break easily). Doctors recommend keeping daily sodium intake to less than 2,400 mg.

### Ivy blisters don't spread poison

Those oozy, itchy, yucky blisters of poison ivy are the skin's natural reaction to poison ivy's evil oil Urushiol, the cause of all the trouble. Urushiol does not evaporate and can remain active for a year or more, staying on clothes, pet hair and tools. Only a thorough washing removes the oils.

According to Tec Labs, maker of poison ivy lotions, breaking the blisters through scratching does not spread the poison, but it can cause infection, which can be just as bad as the original exposure.

Drug stores now carry protective lotions that will shield your skin from poison ivy. Put the lotion on your hands and face when going into the woods.

### Block those UVAs

Doctors at Sloan-Kettering Cancer Center say most sunscreens block only UVB rays of the sun, those that cause sunburn. They don't block the long UVA rays that cause melanoma. Only two ingredients can do that, zinc oxide and titanium dioxide. Other sunscreens, when used generously, do protect against less malignant skin cancers, however.



### Quote of the month

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

Martin Luther King, Jr.

**July 4, 1776**

## **The Declaration: A turning point in the fortunes of war and men**

Abraham Clark, one of the 56 men who signed the Declaration of Independence July 4, 1776, is little remembered for his act of rebellion against the English King, though he and his family paid dearly for his convictions.

Clark, one of five delegates from the state of New Jersey, put his family in immediate danger by joining the other members of the Continental Congress in declaring the offenses of the King and their independence from him. According to the Memorial Farmstead and Historical Society (Roselle, NJ) Clark and his family lived just a few miles from the British garrison on Staten Island.

Declaring independence meant more than just sending a letter to a foreign king. The very act put Clark and his cohorts in direct jeopardy, sometimes fighting against their neighbors and friends. Historians say more than a third of Americans opposed the Revolution.

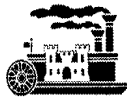
While the signers did live in a new country, with all the accompanying unknowns and dangers, they also were very prosperous, living in extremely secure and peaceful communities. According to historian Thomas Fleming, Americans at the time had the highest standard of living and the lowest taxes in the Western World. But against this backdrop of success and comfort, the founding fathers faced an extreme choice: Ware or domination. Domination was unacceptable.

Like many of the more well-known signers of the Declaration (Thomas Jefferson, James Madison and Benjamin Franklin among them) the fight against tyranny was to come at a very high personal price.

As the American Revolution took hold, all three of Clark's sons entered the Continental Army and all became prisoners of the British. Clark lost his son Andrew, 19, when the boy was held and died aboard the prison ship Jersey. Later, another son, Thomas, a captain of artillery, was also imprisoned on the Jersey. Thomas survived, but reports of his treatment were so horrendous Congress ordered American forces to attack the Jersey.

His life was spared, but his health ruined forever. Finally, son Aaron was also captured with fellow militiamen and held prisoner in New York. His sons dead or captured, Clark did not retire from continuing his efforts to win the war against England. During the war years, Clark rallied militias to the defense of America, while fending off what he called "homegrown tyranny."

By the war's end, Clark had emerged as a leading legislator in New Jersey, where he continued to work for years becoming an expert in finance and even devising the first paper monies. Historians today count Clark as one of the country's most devoted and selfless revolutionaries, a founding father who worked in his own state and community for the betterment of a new nation.



***ESPRIT***